

Need Help Filling Your Belly or Cupboards? Yarmouth Food Supports

2022

I need groceries

Yarmouth Food Bank Society

- Tuesdays, 1 to 3:30 p.m. (call to check dates in summer)
- Must bring ID with birthdate and address
- You can get non-perishable foods **once** a month
- 2 Herbert Street
- 902-742-0918

Beacon Community Garden

- You can plant what you like and tend your own 4 x 8-foot garden bed
- Available to all (donations accepted to help with costs)
- Other gardeners are often available to share gardening skills
- **Please do not pick what you did not plant**
- 902-742-4320

NSCC – For students and staff

- Student food bank “dry goods” located in Student Services
- Food locker available to grab some snacks or a bagged lunch on your way to class
- Your student advisor can help with dietary concerns

Parents’ Place Yarmouth Family Resource Center

- Open to all – not just parents
- How to eat healthy on a budget (self-care group)
- Trading post (weekdays, 9 a.m. to 2:30 p.m.) to get free dishes (like pots, pans, plates) - take what you need
- Slow cooker meals, all food supplied. 5-week program with weekly meetings, take home 10 meals each week
- Offers support for infant feeding
- Kids in the Kitchen Program for kids 5+ to learn cooking skills and kitchen safety while making yummy snacks and meals to take home
- COVID groceries available for people isolating, if you are in isolation, get free groceries delivered to your door
- Food pantry, drop in Monday to Friday, 8 a.m. to 3 p.m.
- 902-749-1718

South End Community Garden

- Plant a free veggie plot
- Accessible (raised) garden beds are available
- If you cannot plant your own, call for a basket of veggies
- 6 Trinity Place
- 902-742-0085

I need a meal

Holy Trinity Church

- Call for support with gift cards for local grocery stores
- Other supports for transportation, phone, medication, and household goods available
- 902-742-2145

Meals on Wheels Yarmouth

- Must live in town of Yarmouth
- \$3.75 per meal
- Home delivery
- Can provide lunch Monday to Friday
- 902-742-3542 ext. 1774

Temple Baptist Church

- Free hot community meal
- Every Thursday, September to June, call for details
- 7 Bond Street
- 902-742-1867

Knights Of Columbus

- Free community lunch (soup and sandwiches)
- Open to public on Tuesdays, 11 a.m. to 1 p.m., September to June (closed in summer)
- 10 Collins Street

SHYFT Youth Services

- Open to youth ages 16 to 24
- Offers up to 3 meals a day, open 7 days a week
- Free drop-in service
- Learn cooking and meal prep skills (optional)
- 6 Trinity Place
- 902-881-3111

100 meals in 100 days (winter season)

- Available December to March
- A free hot meal (breakfast or lunch) is offered each day at an organization throughout Yarmouth
- See calendar at www.townofyarmouth.ca/updated-100-meals-calendar.html

School Breakfast Program

- Most public schools offer free breakfast foods and/or snacks to students

I need help with buying food

Special Diet Allowance

- Contact your case worker at Community Services.
- If you currently get funding from Community Services, and if you have a medical condition where you have a special diet, a dietitian can fill out a form to help you apply for money.
- Outpatient Dietitian at Yarmouth Hospital: 902-742-3542 ext: 1246.
- Home heating funding by application, January to May

Salvation Army

- If you use the food bank, you can also get support from the Salvation Army for food, medication, and fuel
- Offers \$35 food vouchers for the Red and White grocery stores 4 times a year, plus a Christmas food hamper
- \$100 a year for medication
- One tank of fuel per visit (no limits) to travel for medical visits
- Call for support, Tuesday to Thursday
- 902-742-2519

Yarmouth Wesleyan Church

- Sobeys gift cards for those in great need
- You **do not** need to be a church member
- You must talk to a church representative so they can see how much (if any) money you qualify for
- 902-742-7323

Tabitha Centre

- Offers support for food, medication, and transportation costs to medical appointments
- Offers a \$50 voucher for a local grocery store every 3 months
- Call to talk to a representative to see what supports you qualify for
- 65 Green Street
- 902-742-8960

Beacon United Church

- Emergency help for food, available up to 2 times a year
- Food vouchers for a local grocery store only
- 902-742-4320 (call for an appointment)

VON Frozen Meal Program

- Serves seniors and/or those with disabilities within the Tri-County area of Shelburne, Digby, and Yarmouth
- \$6 per meal (payment via credit card or invoice), minimum of 5 meals each order
- Free delivery, Thursday and Friday mornings
- Meals can be picked up or delivered free of charge
- Meals can easily be reheated in microwave or oven
- 902-746-3627

I need help with getting around

Yarmouth County Seniors’ Safety Program

- Free service for seniors who live in Yarmouth County, but not in the town of Yarmouth
- Help you find support in getting food
- 902-881-4099

Town of Yarmouth bus

- Cash or ticket only
- If using cash, 1 ride costs \$2
- If buying tickets in advance, 1 ticket costs \$1.50
- Children under 2 years old can ride for free
- \$50 monthly bus pass for unlimited rides 30 days in a row

VON Tri-County’s Friendly Companion Transportation Program

- Available to people over 65 years old who have a physical impairment and/or frailty
- Must be able to self-transfer
- Can give rides to appointments, grocery stores, community supports, banks, etc.
- Runs weekdays based on volunteer availability
- There is a small fee depending on time and/or distance
- Call to find out if you qualify
- 1-800-928-3414 ext. 234
- **Rides must be scheduled in advance**



www.nshealth.ca

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>
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The information in this pamphlet is to be updated every 3 years or as needed.